



Pork Chops with Dijon Cream Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons dijon mustard
- 0.3 cup evaporated milk fat-free
- 0.3 cup chicken broth fat-free reduced-sodium
- 0.5 teaspoon coarsely ground pepper
- 16 ounce center-cut pork loin chops boneless (1/)
- 0.5 teaspoon salt

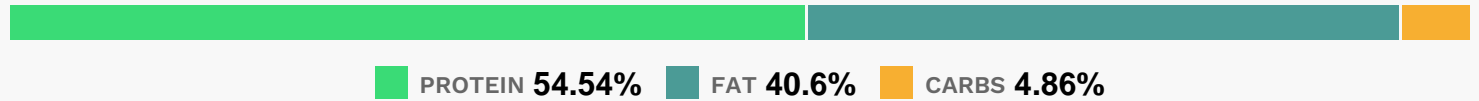
Equipment

- frying pan

Directions

- Trim fat from chops.
- Sprinkle both sides of chops evenly with salt and pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add chops to skillet, and cook 3 to 4 minutes on each side or until browned.
- Remove chops from skillet, and keep warm.
- Add broth to skillet, stirring to loosen browned bits.
- Combine mustard and half-and-half; add to skillet. Reduce heat, and simmer 7 minutes or until sauce is thickened slightly. Spoon sauce over chops.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:13.9995652502%

Nutrients (% of daily need)

Calories: 192.19kcal (9.61%), Fat: 8.38g (12.89%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.09g (1.21%), Cholesterol: 76.96mg (25.65%), Sodium: 504.08mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.63%), Selenium: 40.45µg (57.78%), Vitamin B1: 0.78mg (51.97%), Vitamin B3: 9.22mg (46.11%), Vitamin B6: 0.84mg (42.14%), Phosphorus: 294.53mg (29.45%), Vitamin B2: 0.26mg (15.56%), Potassium: 480.98mg (13.74%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.74µg (12.35%), Vitamin B5: 0.96mg (9.58%), Magnesium: 35.95mg (8.99%), Iron: 0.71mg (3.94%), Copper: 0.08mg (3.9%), Manganese: 0.07mg (3.33%), Calcium: 32.41mg (3.24%), Vitamin D: 0.45µg (3.02%), Fiber: 0.31g (1.22%), Vitamin E: 0.18mg (1.18%)